



# How to deal with doubts

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيمِ

In the name of Allah, The Most Gracious, The Most Merciful

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Assalamu'alaikum wa rahmatullahi wa barakatuhu,

We pray that this message reaches you  
in good health and imaan.

On behalf of our AMAU Academy team, we would like  
to present to you these compiled notes that we have  
prepared to make your journey with us a lot easier.

Our notes are compiled by the AMAU Admin team  
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If you find any errors or corrections that need  
to be made, kindly inform us via our email  
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May Allah make our paths toward seeking  
beneficial knowledge easy and kindle our hearts  
with sincerity and gratefulness  
towards Him.

Jazakumullahu Khayran



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## Glossary

جل جلاله  
جَلْ جَلَالُهُ

| جل جلاله | Jalla Jalāluhu  
**Allah the Most Exalted**

صلی اللہ علیہ وسلم  
صَلَّی اللّٰہُ عَلٰیہِ وَسَلَّمَ

| صلی الله عليه وسلم | Sallālāhū Alayhi Wa Sallam  
**Peace and blessings of Allah be upon him**



# Islam is a Religion of Conviction

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*Chapter One*

**AL ISLAM**

a religion of conviction  
and certainty.



Allah ﷺ said in the Qur'an:

1

الّمٰ (١) ذٰلِكَ الْكِتَبُ لَا رَيْبٌ فِيهِ هُدًى لِّلْمُتَّقِينَ (٢)

**Alif, Lām, Meem. (1) This is the Book about which there is no doubt, a guidance for those who are Al-Muttaqūn (conscious of Allāh) (2).**

Surah al-Baqarah 1 - 2

Allah, in His infinite wisdom, declares about His book, "There is no doubt within it." Our religion stands as a beacon of conviction, as Imaam as-Sa'di asserts in his tafsir, describing Yaqeen (يقين) as complete knowledge devoid of doubt. This profound certainty in our beliefs is not merely intellectual; it demands and necessitates action.

The Prophet ﷺ fervently used to pray for Yaqeen. Having Yaqeen eases our navigation through the trials and tribulations of this temporal world.

Allah ﷺ reminds us:

2

وَلَنَبْلُونَكُمْ بِشَيْءٍ مِّنَ الْخُوفِ وَالجُوعِ وَنَقْصٍ مِّنَ الْأَمْوَالِ وَالْأَنْفُسِ وَالثَّمَرَاتِ وَبَشِّرِ الصَّابِرِينَ ١٥٥

**And certainly, We shall test you with something of fear, hunger, loss of wealth, lives and fruits, but give glad tidings to As-Sâbirûn (the patient).**

Surah al-Baqarah 155

“

**Embracing Yaqeen fortifies one's resilience, enabling the believers to confront inevitable calamities with steadfastness.**

”

“

**Doubt weakens conviction and, at times, leads to the abandonment and loss of Imaan altogether.**

”

The importance of this topic lies not only in its ability to fortify our conviction but also in shielding us from the debilitating effects of doubts. Doubts, if unchecked, can seep into the heart, affect a person's Imaan, jeopardising the firmness of belief.



**is not merely a verbal affirmation; it requires knowledge of its meaning and an unwavering conviction.**

Allah ﷺ reminds us that those who believe in Him and His Messenger are free from all doubts:

3

إِنَّمَا الْمُؤْمِنُونَ الَّذِينَ ءَامَنُوا بِاللَّهِ وَرَسُولِهِ ثُمَّ لَمْ يَرْتَأُوا [...]

**The believers are only the ones who have believed in Allāh and His Messenger and then doubt not [...]**

Surah al-Hujurat 15

As we navigate the currents of our era, we find ourselves amidst a barrage of doubts, aimed at destabilising the foundations of our Deen.

In this age, doubters and disbelievers actively seek to weaken the religion of Islam by sowing seeds of uncertainty in the hearts of Muslims. Therefore, it becomes imperative to equip ourselves with the tools to confront and dispel these doubts, to engage with them in a manner that safeguards our Imaan.

# Differentiating Between “Waswaas” and “Shubuhaat”

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*Chapter Two*

In the pursuit of unwavering conviction, it is paramount to distinguish between the Waswaas (whisperings) and Shubuhaat (doubts).

# Waswaas

## سُوَّاْس

Waswaas emanates from two sources:

1 NAFS

2 SHAYTAAN

NAFS

Allah ﷺ tells us in the Qur'an that our Nafs whispers to ourselves:

1

وَلَقَدْ خَلَقْنَا الْإِنْسَانَ وَنَعْلَمُ مَا تُوْسِّعُ بِهِ نَفْسُهُۤ

And We have already created man and know what his soul whispers to him.

Surah al-Qaf 16

SHAYTAAN

Another source of Waswaas is the Shaytaan. Allah ﷺ told us about this in the Aayah:

2

الَّذِي يُوَسِّعُ فِي صُدُورِ النَّاسِ ٥

Who whispers in the breasts of mankind.

Surah an-Nas 5

Allah ﷺ commands us to seek refuge from the evil of such whisperings.

Shaytaan, according to the scholars of tafseer, is the primary instigator of these whisperings, seeking to sow seeds of doubt in the hearts of believers.

Concurrently, individuals grapple with their inner dialogue, characterised by intrusive thoughts and internal whisperings (of the Nafs). Allah's acknowledgement of human creation in Surat Qaf acknowledges the propensity for self-generated whispers, reinforcing the importance of seeking refuge from them.

# Shubuhaat

## الشُّبُّهَاتُ

On the other hand, Shubuhaat are intricately tied to the external world, originating from information encountered through various mediums.

The term "Shubhah" (شُبُّهَات) means something that is false but has a semblance or similarity to the truth. Ibn Taymiyyah Rahimahullah notes that Shubuhaat contain an element of truth, making them deceptive and dangerous.

Dealing with Waswaas requires a deliberate approach – one of ignoring and diverting one's thoughts. Engaging in permissible activities, socialising, and embracing wholesome distractions can prove effective in minimising the impact of these internal whisperings. The goal is to prevent Waswaas from gaining a foothold in the mind, even if it means immersing oneself in halal or permissible activities.

Contrarily, Shubuhaat demand a more proactive response. Shubhah, being an external doubt, has a point of origin – a specific lecture, conversation, tweet, a social media post, some online content, or any external source. Recognising this origin is pivotal in addressing the doubt effectively. Shubuhaat need resolution, as allowing them to linger can fester and erode one's Imaan.

## How to Differentiate Between Waswaas and Shubuhaat?

“

While consulting a person of knowledge is advised, a general rule of thumb is that Waswaas tends to emerge seemingly out of nowhere, making it challenging to pinpoint its origin. Shubuhaat, however, have a clear external source – a lecture, a discussion, or some form of information encountered.

In the face of uncertainty, seeking the assistance of a scholar or a person of knowledge becomes crucial. By articulating one's concerns to a person of knowledge, clarity can be sought, and the necessary steps to dispel doubts and reinforce conviction can be taken. This chapter serves as a compass in navigating the intricate terrain between internal whisperings and external doubts, guiding the reader towards a path of steadfast faith and unshakable certainty.

”

# Dealing With Shubuhaat as a Lay Muslim

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*Chapter Three*

When grappling with Shubuhaat - doubts that threaten the core of our beliefs - it is essential to approach them with a strategic mindset. This chapter aims to provide practical guidance for the layman, acknowledging that the response may differ for scholars or students of knowledge.

The first critical aspect to consider is whether the doubt has surfaced or is being addressed proactively before it penetrates the heart. For the layman, dealing with Shubuhaat involves a systematic approach that can be divided into two main aspects.

### A Preventing Shubuhaat

The first measure is to avoid and prevent exposure to Shubuhaat.

#### 1 Make Du'a

Begin with supplication, as exemplified in the Qur'an and Sunnah.

Allah ﷺ says in the Qur'an:

**رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْنَا وَهُبْ لَنَا مِنْ لَدُنْكَ رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ**

**(They say): "Our Lord! Let not our hearts deviate (from the truth) after You have guided us, and grant us mercy from You. Truly, You are the Bestower.**

Surah Ali 'Imran 8

This du'a is worth memorising. The Prophet ﷺ consistently sought Allah's guidance for steadfastness on the straight path.

#### 2 Arm Yourself With Knowledge

Delve into Islamic knowledge, especially the fundamentals (Tawheed) and essential concepts of the religion. Strengthening one's knowledge about Allah ﷺ, His Messenger, and the foundations of the religion fortifies conviction.

#### 3 Engage in Worship

Worship Allah ﷺ, including remembrance (dhikr) and pondering upon the creation, fosters a connection that solidifies belief. Reflecting upon the signs of Allah ﷺ in the heavens and the earth contributes to a state of deep conviction.

He ﷺ said:

**الَّذِينَ يَذْكُرُونَ اللَّهَ قِيمًا وَقُعُودًا وَعَلَى جُنُوبِهِمْ وَيَتَفَكَّرُونَ فِي خَلْقِ السَّمَاوَاتِ وَالْأَرْضِ رَبَّنَا مَا خَلَقْتَ هَذَا بِطِلْبِنَا سُبْحَانَكَ فَقِنَا عَذَابَ النَّارِ**

**Who remember Allāh while standing or sitting or [lying] on their sides and give thought to the creation of the heavens and the earth, [saying], "Our Lord, You did not create this aimlessly; exalted are You [above such a thing]; then protect us from the punishment of the Fire.**

Surah Ali 'Imran 191

## 4 Learn to Critique Information

Develop the skill of critiquing information. Ask questions about:

- **the source of every information you come across,**
- **the evidence provided, and**
- **whether the evidence is authentic,**
- **whether the information has been interpreted according to the methodology of Ahlus Sunnah**

Be discerning in accepting information, ensuring it aligns with Islamic principles.

## 5 Avoid Places Spreading Doubts

Stay away from physical and virtual spaces that propagate Shubuhaat. Engaging in unnecessary debates or discussions, or watching them, especially on social media or YouTube, can be detrimental to one's Imaan and 'Aqeedah.

### B Dealing with Shubhah After Entry

If sometimes, a Shubhah enters a person's heart, he or she should take the following measures.

#### 1 Have a Strong Will

Swiftly address doubts (Shubuhaat) that manage to infiltrate your defences. Develop a strong will to eradicate them from your system promptly. Letting them fester inside the heart can weaken one's 'Aqeedah and cause serious damage to one's Imaan.

#### 2 Increase in Making Du'a

Intensify your supplications, seeking Allah's guidance and protection. The Prophet's ﷺ frequent supplication regarding the turning of hearts emphasises the significance of this practice. He would often make the du'a:

1

يَا مُقْلِبَ الْقُلُوبِ ثَبِّتْ قَلْبِي عَلَى دِينِكَ

**Ya Muqallib-qulub, thabbit qalbee 'ala deenik**

**(O Changer of the Hearts! Strengthen my heart upon Your Religion.)**

Jami` at-Tirmidhi 2140

#### 3 Return to Basics

Revisit the foundational principles of Islamic knowledge, particularly focusing on Tawheed. Strengthening your understanding of the core tenets of faith aids in dispelling doubts.

4 Refer the Mutashaabihaat Back to the Muhkamaat

Apply the principle of referring and understanding matters that arise from ambiguous verses (Mutashaabih) of the Qur'an in the light of its clear verses (Muhkam). This helps in understanding and contextualising unclear information.

5 Consult Knowledgeable Individuals

Seek guidance from knowledgeable individuals, especially those specialised in the field relevant to the doubt. Avoid generalisation and approach scholars or experts in specific areas of knowledge.

6 Be Firm

Embrace firmness in your Imaan. Do not allow any Shubhah to weaken your conviction. The Prophet ﷺ emphasised the strength of a believer, stating that the strong believer is better and more beloved to Allah ﷺ. Strive to become such a person.

To sum up, in confronting Shubuhaat, the lay Muslim is encouraged to approach the challenge methodically, combining the aspects of supplication and worship with a robust foundation of Islamic knowledge. The emphasis on critical thinking and asking the people of knowledge underscores the importance of maintaining unwavering faith in the face of doubts.

# Verifying Every Piece of New Information

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*Chapter Four*

In delving into the process of critiquing information, it is crucial to have a set of examples that can serve as a template for evaluation.

The focus is on **four** things:

- A** • Source of information
- B** • Authenticity of information
- C** • Interpretation of information
- D** • Availability of corroborating evidence

## Demonstration of How to Critique Claims Made Against Islam

### EXAMPLE 1

#### Claim:

Some people, in the past and even today, label our Prophet Muhammad ﷺ as someone with unsound mind (Allah's refuge is sought).

#### Evidence:

This claim is often rooted in certain Aayaat such as:

وَقَالُوا يَا أَيُّهَا الَّذِي نَزَّلَ عَلَيْهِ الْكِتَابَ إِنَّكَ لَمَجْنُونٌ

**And they say, "O you upon whom the message has been sent down, indeed you are mad."**

Surah al-Hijr 6

Another Aayah misused to support the claim is the following:

وَيَقُولُونَ أَئِنَّا لَتَارِكُوا إِلَهَتَنَا لِشَاعِرٍ مَجْنُونٍ

**And (they) said: "Are we going to abandon our alihah (gods) for the sake of a mad poet?"**

Surah as-Saffat 36

Now, a critical examination of the Prophet's ﷺ life, actions at significant events, and his leadership, such as the Battles of Badr and Uhud, dispels this notion. His wise decisions, treatment of followers, and the peaceful conquest of Mecca counter the claim that he is of unsound mind. Rather, it proves he was a genius.

#### Conclusion:

The claim lacks evidence when scrutinising the Prophet's ﷺ life, biography and his actions.

## EXAMPLE 2

### Claim:

Some argue that the ahadith are unreliable and not suitable as evidence in Islam.

### Evidence:

Reference is made to a narration wherein Umar ibn al-Khattab allegedly ordered the burning of written hadith collections during his caliphate.

### Critical Examination:

It is essential to question the authenticity of this narration. Upon scrutiny, the claim falls apart as the narration is weak. This emphasises the need to verify the authenticity of claims before accepting them.

### Conclusion:

The evidence is flawed, indicating the importance of ensuring the credibility of sources and claims.

## Challenges in Translations and Interpretations

### Challenge:

Translations and interpretations of hadith in English or other languages may sometimes be inaccurate or misleading because they are not in the original Arabic language.

### Solution:

Scrutinise translations, ensuring accuracy and avoiding potential misinterpretations. Seek knowledge from reliable scholars to grasp the intended meaning.

## Caution and Self-Awareness

### Warning:

Engaging in debates or controversies about religious matters requires caution, especially for those not firmly grounded in knowledge.

### Cautious Approach:

The heart is susceptible to influence, and scholars advise against entering into intricate matters without a strong foundation. One should regularly make supplications for protection from going astray.

## **Conclusion:**

Acknowledging the vulnerability of the heart and exercising caution in approaching topics of doubt is crucial.

In navigating the realm of information, critical thinking and scrutiny are essential. The provided examples illustrate the importance of verifying claims, ensuring the reliability of evidence, and seeking guidance from knowledgeable sources. Additionally, it is vital for individuals to approach these matters with humility and a firm foundation in Islamic knowledge.



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